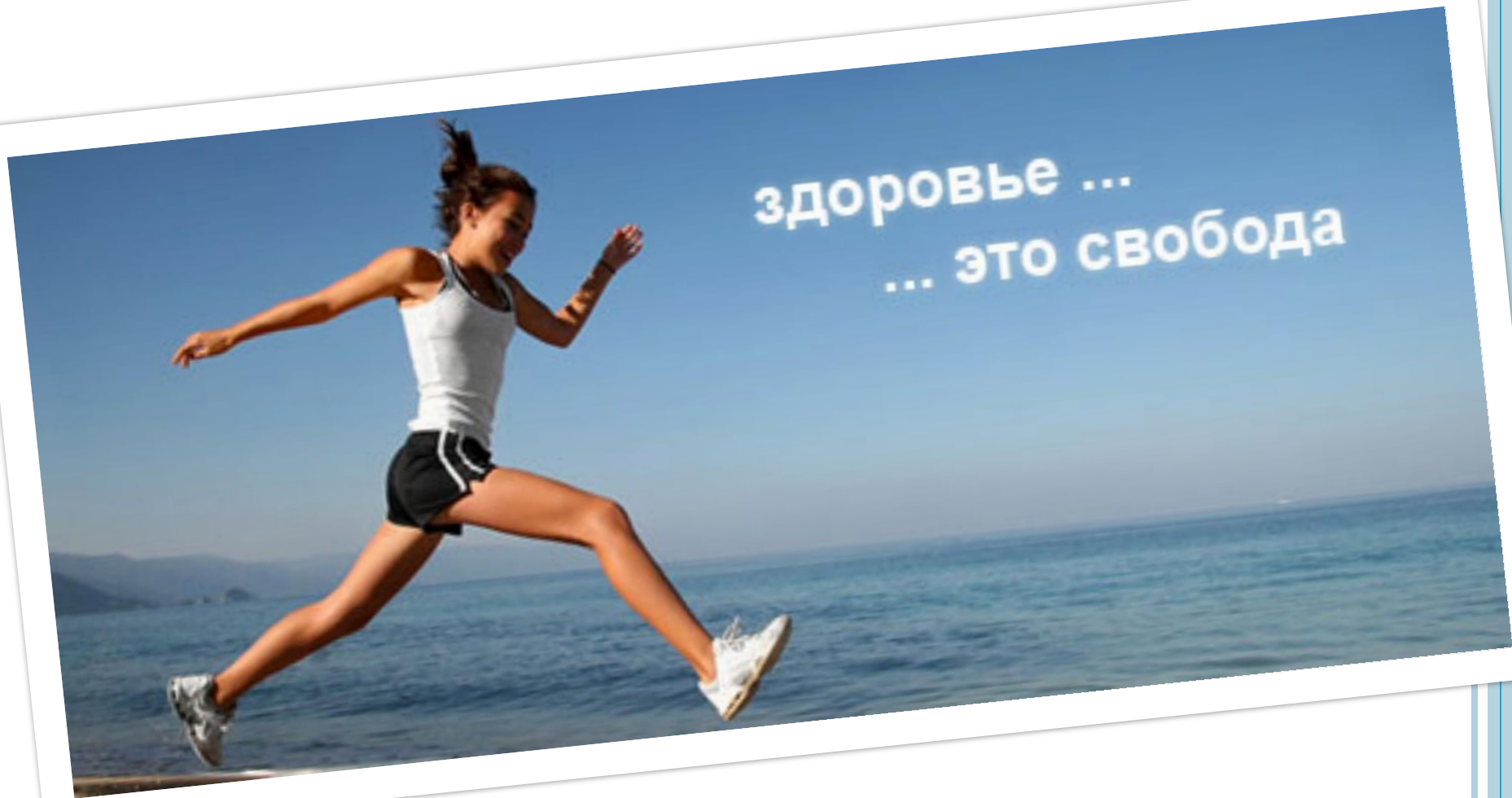


НАЦИОНАЛЬНЫЙ ИССЛЕДОВАТЕЛЬСКИЙ  
TOMSK POLYTECHNIC UNIVERSITY

# HEALTHY LIFESTYLE

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**HEALTHY LIFESTYLE (HLS)** - THE IMAGE OF AN  
INDIVIDUAL'S LIFE TO PREVENT DISEASE AND PROMOTE HEALTH.



What is a  
healthy  
lifestyle?



3) family  
and  
household

1) work



2) social



4) leisure



# ELEMENTS OF HEALTHY LIFESTYLE

*Environment: a safe and suitable for living, understanding of the impact on the health of the surrounding objects*



*Nutrition: a moderate, corresponding to a specific physiological features of human awareness of the quality of used products*



*Movement: a physically active life, including special physical exercises with the age and physiological characteristics*



# Factors for Health Promotion

routine



physical activity



environmental factors





**МЫ ЗА  
ЗДОРОВЫЙ ОБРАЗ ЖИЗНИ!**



The left side of the slide features a decorative vertical stripe with a gradient from light blue to white. To the right of this stripe, there are several teal-colored circles of varying sizes, arranged in a descending staircase pattern from top to bottom. The text is positioned to the right of these circles.

**THANK YOU FOR  
YOUR ATTENTION**